

Seniors

SENIOR CENTER MEMBER BENEFIT

Discounts only apply for classes in the Adult section of the Recreation Guide. One discount below may be used per Senior Center member, per activity. Discounts must be applied for in person. Note: Senior member program fees listed in the Recreation Guide are at a discounted rate. For Senior discounts on swim classes, refer to activity descriptions in the Swim Center section. Call 240-314-8800.

Activity Fee	Discount
\$ 5-\$10	\$ 1
\$11-\$30	\$ 3
\$31-\$60	\$ 7
\$61 and up	\$14

SENIOR ASSISTANCE FUND

Financial assistance for senior classes, day trips and Senior Center memberships are available. (Must meet age and income guidelines.) To donate to this program, send a check, payable to the City of Rockville Senior Assistance Fund. Mail to Rockville Senior Center, 1150 Carnation Drive, Rockville, MD 20850. Online donations are accepted through Rock Enroll: \$25 - #29216, \$50 - #29217, \$100 - #29220.

MEAL PROGRAM

Daily Lunch – Hot lunches are provided at noon, Monday to Friday. Participants contribute as much as they are able toward the cost of the meal (\$5.92). Reservations required. Call 240-314-8810.



Carnation Supper Club – Dinner, socializing and entertainment on the fourth Tuesday of each month at 5 p.m. (Prepared by staff.) Cost \$10. Call 240-314-8810.

Senior Income Tax Assistance

Mondays and Fridays

Feb. 1 - April 12 • No Fee
Appointment required
240-777-2577



Arts & Enrichment

Novel Set In Rockville *New*

The journey and research to write a novel, often times takes years. William Offutt's "Seth: A Novel in Four Parts" took 20 years to finish. Come listen to Bill discuss the research and his latest novel, set in Rockville. This retired teacher and Montgomery County history expert has much information to share with us.

30198 Tu 1/26 1-2 PM Free/\$2/\$4
Azalea Room

Visit with Anthony Pitch *New*

Author Anthony Pitch will come to us as part of the Montgomery County Historical Society Speakers Bureau. This lecture on the assassination of Abraham Lincoln is based on his new book, "They Have Killed Papa Dead." Copies will be offered for sale with a book signing.

30310 F 2/26 10:30-11:30 AM \$3/\$4/\$5
Azalea Room

AARP Driver Safety Program *New*

Conducted by the American Association of Retired Persons and designed for older drivers, this course provides updates on rules of the road and insights into driving abilities. Check with your insurance company as many graduates of this course receive a discount on auto insurance. Note: \$12 class fee for AARP members; \$14 for non-AARP members, payable at class.

30213 W 1/20 10 AM-2 PM \$5/\$6/\$8
Azalea Room

Amelia Earhart - Dreams Take Flight *New*

Soar with the spirited heroine of both aviation and women's rights in this recounting of Amelia Earhart's fascinating life. Also discuss what really happened on her mysterious final flight. Actress Mary Ann Jung will portray Amelia and educate us about early aviation, WWI, working women and the 20th century.

30280 W 2/10 1-2 PM \$5/\$7/\$9
Azalea Room

GIVE LIFE ... GIVE THANKS

Learn How Organ Donation Can Make a Difference
Thursday, Jan. 21 • 1 p.m.

Rockville Senior Center
(Course #30409)

DONATE TO LIFE!
240-314-8800

Seniors

Birthday & Anniversary Parties

Celebrate a festive afternoon of lively entertainment and light refreshments. Mark your calendar for these special events. Registration is required at least one week prior to each party based on availability.

January & February

Sponsored By: Henderson-Smith-Edmonds, Unit 86
American Legion Auxiliary and Bethany House Club
Entertainment by: Capital Chorus

30212 W 2/3 1:30-3 PM Free/\$3

March

Sponsored by: Young In Heart Club, Annie and Lewis Rhodes
Entertainment by: Karlton Jackson and Accompanist

30211 W 3/3 1:30-3 PM Free/\$3
Carnation Room

Book Club

Participants enjoy an often in-depth discussion covering a broad spectrum of books ranging from older classics to current best sellers. Books are selected by the group at each session and a moderator will present topics for discussion. Group meets 1/28, 2/25 and 3/25.

30210 Th (see above) 10:30-11:30 AM Free/\$3
Board Room/Beck

Bridge - Beginner *New*

This class is specially designed for those with no previous experience or those who wish to refresh basic skills. Topics covered will include bidding, what cards to lead with and how to play the hand. Participants will have the opportunity to play each hand with plenty of time for instruction and questions.

29991 W 1/20-2/24 10 AM-12 PM \$38/\$48/\$60
Card Room



Carnation Players Performing Group

Calling all characters. If you can sing, dance, play an instrument or would like to be in a skit, we need you. The Players cannot guarantee fame and fortune but can assure you will have lots of fun. Help us prepare for spring performances at the Center and in the community.

30217 Tu 1/19-3/23 3-4 PM Free/\$3
Carnation Room/Beck

Chinese/English Discussion Group

Practice your English skills while discussing current events. Conversations are held in Chinese and English. Everyone is welcome.

30305 F 1/15-3/19 10 AM-12 PM \$15/\$18/\$23
Arts and Crafts Room

Citizenship

If you have been a U.S. resident for 4 years and 9 months, and would like to become a citizen, please sign up. Instruction in English, communication and preparation for the I.N.S. Naturalization interview is offered. Priority will be given to seniors and members of the Rockville Senior Center. Participants may register the first day of class.

No class 1/18 & 2/15

30516 M & W 1/11-3/10 12:30-2:30 PM \$15/\$20/\$26
Arts and Crafts Room

Cleaning Up the Clutter *New*

This class, presented by Mark Barrick, Senior Citizens Home Maintenance and Safety Coordinator, will focus on the clean up and removal of unwanted or unneeded items you may have around the house. We will discuss areas of the home that can be used for storage as well as 'hoarding' and the effect it has on you and others.

30617 Tu 2/9 1-2 PM Free
Azalea Room

Seniors

English Class

Classes include reading, speaking, listening and pronunciation for seniors whose first language is not English. For beginner, intermediate and advanced levels. Placement may be revised based on skill or ability. Note: \$10 book fee may be required at first class.

Level I

No class 1/18, 2/15

30281	M & W	1/11-3/24	10:15-11:30 AM	\$15/\$18/\$23
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Level II

30284	Tu	1/12-3/16	10 AM-12 PM	\$15/\$18/\$23
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Level III

30282	Tu	1/12-3/16	10 AM-12 PM	\$15/\$18/\$23
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Level IV

30283	W	1/13-3/17	10 AM-12 PM	\$15/\$18/\$23
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Azalea Room

Get Ready for Summer *New*

This class, presented by Mark Barrick, Senior Citizens Home Maintenance and Safety Coordinator, will discuss home maintenance projects for summer. We will talk about prioritizing these projects by price and need.

30673	Th	3/11	1-2 PM	Free
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Azalea Room

Gourmands Winter Evening Out

Winter won't keep our Gourmands from enjoying an evening out. We'll set the tone for a comfortably elegant evening with an impressive menu at the Capital Grille in Virginia. Fee includes charter bus transportation and leadership. Note: Participants select and pay their entree and beverage fee the evening of event.

30403	Th	2/25	4-9 PM	\$28/\$35/\$44
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Glenview Mansion

Group Piano

The beauty of music is food for the soul. Learn the fundamentals of rhythm, theory and note reading at all levels to expand your enjoyment. Pianos are available for each lesson and for practice by checking with the Center office in advance.

No class 2/15

Elementary

30224	M	1/25-3/8	10-11 AM	\$66/\$83/\$115
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Intermediate I

30225	Tu	1/26-3/9	11 AM-12 PM	\$66/\$83/\$115
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Advanced Intermediate

30227	Tu	1/26-3/9	10-11 AM	\$66/\$83/\$115
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Board Room/Butenhoff

Home Maintenance *New*

This class, presented by Mark Barrick, Senior Citizen Home Maintenance and Safety Coordinator, will present an overview of the Rockville Senior Home Maintenance and Repair Program - how it was developed, maintenance needs, inspections, etc. We will also discuss the snow program for seniors here in Rockville. Other City programs that help seniors will be discussed.

30616	Th	1/7	1-2 PM	Free
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Azalea Room

Impressionists in Winter *New*

Enjoy the beauty of winter with some of your favorite Impressionists. You'll start with Monet, who created some of the most unforgettable snow scenes in art, from tranquil landscapes filled with falling snow to crystal clear views illuminated by sunlight and blue skies. Next, enter into the moving snowscapes of Sisley and Pissarro that also capture the many moods of winter.

30308	Tu	2/2	10:30 AM-12 PM	\$4/\$5/\$6
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Azalea Room/TBA

Lerner, Loewe Plus Loesser *New*

Irv Chamberlain will conduct this three part lecture and listening program discussing the three decades of Broadway magic created by Lerner, Loewe and Loesser. Enjoy such classic perennials as *Guys and Dolls*, *Brigadoon*, *Camelot*, *GiGi*, *My Fair Lady* and many more. Songs featuring great performers such as Streisand, Goulet, Astaire, Andrews, Sinatra and Burton will be featured. Class meets 1/25, 2/1 and 2/8.

30197	M	1/25, 2/1 & 2/8	1-2:30 PM	\$9/\$12/\$15
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Azalea Room

Maryland Insurance Consumer Education *New*

Learn about the state agency that regulates the insurance industry and receive information on how to become a better educated consumer. The Maryland Insurance Administration can help if you have a problem with an insurance company or agent and provide information on all different types of insurance. Presented by Associate Commissioner of Maryland Consumer Education and Advocacy Unit, Joy Hatchette.

30518	Tu	3/9	1-2:30 PM	Free
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Azalea Room

**Seniors are welcome
on our Adult trips.
See page 43**

Seniors

Medicare: Update 2010 *New*

Choose a Medicare plan that meets your needs. Coverage options include original Medicare, Medicare Health Plans (like HMO's and PPO's) and Medicare Prescription Drug Plans. Learn how Medicare is changing in 2010 and what you need to do to be sure your needs are met. Presented by the Senior Health Insurance Program.

30515 Th 1/14 1-2 PM Free
Azalea Room

Mosaic Stepping Stone *New*

Come join us as we learn an ancient medium in its updated technique. You'll learn to work with tiles, stained glass, glue and grout to create your work of art. Choose your pattern: a butterfly, dragonflies or flower (Iris) when registering. The patterns are cut for you, so if you can glue it - you can do it. Note: \$30 is payable to the instructor at class.

30320 Th 1/14 10 AM-1 PM \$10/\$13/\$17
Ceramics Room/Weeks

Norman Rockwell: Portraits of America *New*

Rockwell's art is familiar to millions of Americans through his work with the *Saturday Evening Post*. Discover some of these popular magazine covers which reflect the spirit and humor of everyday life. Meet some of the people, mostly Rockwell's neighbors in Arlington, Vermont and Stockbridge, Massachusetts, who were the models both for his magazine covers and his famous series, The Four Freedoms.

30309 Tu 3/2 10:30 AM-12 PM \$4/\$5/\$6
Azalea Room

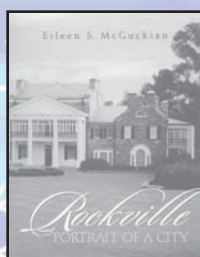
Rockville: Portrait of a City

\$42.95

Great Holiday Gift

For lifelong citizens, newcomers and visitors to our city.
The history of Rockville with over 230 photographs.

For more information
call **240-314-8620**



Peeking at the Presidents

Andrew Jackson

The next President in our popular series with Joan Adams is Andrew Jackson. What was it about this man who now appears on the \$20 bill? President Jackson was well known before his arrival at the White House. What was it about him that polarized this Nation? Come find out.

30389 M 2/8 10:15-11:15 AM \$3/\$4/\$5

Martin Van Buren

Van Buren is the next President in Joan Adams' popular series. This New Yorker has a history of service to his nation starting at age 17. What were some of his early jobs and how did he serve the United States? He was President during a critical period in American history yet he seems to be one of the most forgotten. Why?

30390 M 3/1 10:15-11:15 AM \$3/\$4/\$5
Card Room

Piecemakers' Club

Come join our friendly group of quilters. You may work on your own or join a group project. This is a great opportunity to share ideas, techniques and keep current on the latest trends in quilting.

No class 2/15
30218 M 1/25-3/15 12:45-2:45 PM \$8/\$10/\$13
Arts and Crafts Room/Winovich

Supermarket Vegan Cooking Demo *New*

Who says you can't serve soup for dessert? Join local cookbook author Donna Klein for delicious and nutritious proof otherwise as she demonstrates Swedish Fruit Soup from her newest cook book, "The Supermarket Vegan." Samples provided and signed copies of her book will be available for sale.

30279 Tu 1/19 1:30-3 PM \$3/\$4/\$6
Kitchen

Turning 65?

Happy Birthday! You now have choices and Medicare is one of them. There are important questions you need to think about now. Do you need to sign up for Medicare? Can you work and get Medicare? Do you know the Medicare alphabet? Join representatives from the Senior Health Insurance Assistance Program and learn where to begin and how to get help.

30517 Tu 3/16 6:30-8:30 PM Free
Azalea Room

Seniors

Watercolor - Experimental *New*

Try this class at no risk as all materials are provided. Learn basic brush techniques, paper choices and how to mix color. It's your chance to try watercolor without a big investment in a relaxed atmosphere with individual attention. Note: \$6 is payable to instructor at first class.

30388 Tu 2/9-2/23 10 AM-12 PM \$20/\$25/\$31
Arts and Crafts Room/Ely

Watercolor - Beginner & Continuing

Learn basic techniques in color mixing and brushwork. Value studies, composition and experimental approaches will be explored. Note: \$6 material fee for new students is payable to instructor at first class.

30220 Th 1/21-3/11 1-3 PM \$65/\$80/\$100
Arts and Crafts Room/Ely

Watercolor - Advanced

Using skills already mastered, students will learn new techniques in watercolor. Traditional and contemporary approaches will be offered and as individualized assistance with brushwork and technique will be offered. Join us to enhance your skills in a comfortable and nurturing atmosphere.

30219 Th 1/21-3/11 10 AM-12 PM \$65/\$80/\$100
Card Room/Ely



What's Happening to Our Beloved Chesapeake? *New*

Information on the current problems now affecting the Chesapeake Bay will be discussed by retired Montgomery College Professor McDermott. Stories about the purposeful and accidental introduction of plants and animals that have affected the geography and ecology of the Bay will be included.

30228 Tu 3/16 10:30 AM-12 PM \$2/\$3/\$5
Azalea Room

Winter Woodworking Project *New*

Let's meet in the woodshop, make some noise with the equipment and let the sawdust fly while making a simple woodworking project with Peter McNally. Enjoy learning something new in a relaxed, casual atmosphere. Check January Center calendar for project.

30321 Tu 2/9-2/16 1-3 PM \$5/\$6/\$8
Woodshop

Computers for Seniors

Before registering for classes we recommend visiting the Rockville Senior Center Computer Lab for course information and placement. Rockvillecomlab@hotmail.com

Backing Up Your Computer (I)

Backing up your system (files) is an often neglected task. When and how do I back up my system? How long do I hold my backups? What type of backup media is the best? Learn the answers to these and other important questions you might have. Note: \$3 manual fee payable to instructor at first class.

30242 W 2/17 10 AM-12 PM \$7/\$9/\$13
Computer Lab/Hickman

Basic Word Processing Skills (B)

Following the Computer Basics Class learn how to create, save and file documents. This class will also teach you about the Navigation Bar, how to edit, view, insert and format your document. Note: \$3 manual fee payable to instructor at first class. Class meets for two 2-hour sessions.

30249 W 3/3-3/10 1-3 PM \$7/\$9/\$13
Computer Lab/Martin

Burners - Use & Demo (B, I)

Create a DVD from a VHS tape, copy your DVDs for backup, edit videos from your camcorder, duplicate a CD, make a CD from a cassette tape, all with minimum equipment. One 3-hour meeting. Note: \$5 material fee due in computer lab three days prior to start of class.

30253 F 1/22 1-4 PM \$6/\$8/\$10
Computer Lab/Bender

Seniors

Computer Basics (B)

This class offers a hands-on introduction to the use of computers for beginner computer users. Further free optional training is available in the Beginners Computer Practice Lab between 9:30 a.m. and 11:30 a.m. on Friday mornings.

30221	Tu & Th	1/12-1/14	10-11:30 AM	\$5/\$7/\$10
30222	Tu & Th	2/16-2/18	10-11:30 AM	\$5/\$7/\$10
30223	Tu & Th	3/16-3/18	10-11:30 AM	\$5/\$7/\$10

Computer Lab

Computer Essentials (B)

This class is the necessary foundation toward the usage of all computers and must be taken before advancing to any other class. Note: \$3 material fee payable to instructor at class. Prerequisite: Computer Basics. Class meets for three 2-hour sessions.

30269	Tu & Th	1/19-1/26	10 AM-12 PM	\$25/\$33/\$40
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Computer Lab/Bender

Digital Photography I (I)

An in depth study of how your digital camera operates in automatic mode with photo assignments given for each class. Photos will be reviewed and critiqued. Bring a pocket storage device and your camera with instructions. Meets for three 2-hour sessions. Note: \$3 manual fee is payable to instructor at first class.

30214	Tu	1/12-1/26	1-3 PM	\$36/\$45/\$56
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Computer Lab/Bender

Digital Photography II (I)

A continuation of camera usage with emphasis on individual controls, manual, aperture, shutter speed and flash. Understanding the importance of depth of field and how to use it will be the basis of each assignment. Bring a pocket storage device and your camera with instructions. Class meets for three 2-hour sessions.

30215	Tu	2/9-2/23	1-3 PM	\$36/\$45/\$56
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Computer Lab/Bender

Digital Photography III (I)

Learn use of the camera in aperture, shutter and full manual mode to record perfect images by increasing color depth, focus separation and highlight quality. Bring a thumb drive to each class meeting. Note: \$3 handout fee is payable to the instructor at the first class meeting. Class meets 3/4, 3/11 & 3/25.

No class 3/18				
30216	Th	3/4, 3/11 & 3/25	10 AM-12 PM	\$36/\$45/\$56

Computer Lab

B= Beginner • I=Intermediate

e-Bay & Craigs List *New*

Everyone has "junk" in their attic. Learn how to turn it into cash using e-Bay, Paypal and Sniping. Acquire new merchandise for sale and profit. Learn how to use watch lists, reserves, feedback and how to avoid fraud. Prerequisite: knowing how to access the Internet. Note: \$10 manual fee is payable to instructor at first class. Class meets 2/26, 3/5, 3/12 & 3/26.

30274	F	(see above)	1-3 PM	\$35/\$43/\$50
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Carnation Room

e-Mail Nuts & Bolts (B, I)

Learn how to set up an address book, send attachments, photographs, signatures and group mail. A discussion of Hotmail will be included. Note: \$5 material fee is payable to instructor at first class. Prerequisite: Computer Essentials. Class meets for three 2-hour sessions.

30261	M & W	1/4-1/11	1-3 PM	\$25/\$33/\$40
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Computer Lab/Bender

Introduction to Computer Concepts (B)

For new computer users, this course explores basic features and introduces you to the parts of the computer and storage devices such as CD's and disks. Starting with learning how to start up and shut down the system, you will be taught what computer terms mean and how to get started in the world of computers.

30262	W	1/6	10 AM-12 PM	\$5/\$7/\$10
30263	W	2/3	10 AM-12 PM	\$5/\$7/\$10
30264	W	3/3	10 AM-12 PM	\$5/\$7/\$10

Computer Lab/Gross

Recommended Course Sequence for Beginners (B):

- Intro. to Computer Concepts
- Keyboard & Mouse • Computer Basics
- Basic Word Processing Skills
- Computer Essentials
- Other workshops for Beginners "B"

Practice Lab Open Fridays, 9:30-11:30 a.m.

Recommended Intermediate & Advanced Courses (I):

- Windows Operating Systems
- Microsoft Word
- Other workshops for Intermediates "I"



Seniors

Keyboard & Mouse (B)

If you have never touched a mouse or a keyboard, this class will help you become familiar with their basic functions. Move at your own pace with individualized instruction. This class is available each Friday morning from 9:30-11:30 a.m. Registration is not required.

30265 F 1/8-3/26 10-11:30 AM Free/\$3/\$5
Computer Lab

Maintaining Your Computer (I)

Does your system run slowly? Is your desktop loaded with icons? Let us offer you some tips on adjusting and maintaining your system for better performance. Handouts included.

30237 M 2/1 10 AM-12 PM \$7/\$9/\$13
Computer Lab/Hickman

Microsoft Excel (I)

Learn how to enter data, create a basic worksheet from worksheet data, and design, develop, format and manipulate spreadsheets with MS Excel. Prerequisite: Computer Essentials. Class meets for three 2-hour sessions. Note: \$5 manual fee payable to instructor at first class.

30256 M & W 3/8-3/15 10 AM-12 PM \$25/\$33/\$40
Computer Lab/Hickman

Microsoft Word (I)

Have you struggled with the appearance of your text, not being able to line up text, collate a list or make your documents look professional? Come join us as we explore these and other features. Class meets for three 2-hour sessions. Note: \$5 material is fee payable to instructor at first class.

30258 M & W 3/15-3/22 1-3 PM \$25/\$33/\$40
30259 Tu & Th 2/2-2/9 10 AM-12 PM \$25/\$33/\$40
Computer Lab/Hickman

Photoshop *New*

Learn the art of photo restoration using Adobe Photoshop. Scan old and damaged photos and use Photoshop's image editing tools to fix tears, cracks, remove mold, change backgrounds and even add or remove people. Don't forget to bring old photos. Class meets for three 2-hour sessions. Note: \$5 materials fee is due to instructor at first class.

30252 M & W 1/20-1/27 10 AM-12 PM \$36/\$45/\$56
Computer Lab/Bender

Power Point (I)

Create a dynamic electronic presentation using eye-catching features. Learn how to use built-in templates, themes, designs and background styles. Topics will also include how to add titles, charts, tables and pictures. Prerequisite: Computer Essentials or equivalent experience. Class meets for three 2-hour sessions. Note: \$5 material is fee payable to the instructor at first class.

30260 Tu 3/2-3/16 1-3 PM \$25/\$33/\$40
Computer Lab/Hickman

Quicken

This software makes it easy to organize your finances, manage your investments, stay on top of banking and bills and prepare for filing taxes. Must be a Senior Center Member to participate. Prerequisite: Beginners Intro to Personal Computers or equivalent experience. Note: \$3 materials fee is due to instructor at first class.

30255 F 2/5-2/19 1-3 PM \$25/\$33/\$40
Computer Lab/Bender

Right Click - Left Click (B)

Discover how to use your mouse in applications such as word processing, copying, file management and customizing your desktop. Using your computer is easier if you know how to use your mouse buttons.

30244 W 1/20 1-3 PM \$5/\$7/\$10
Computer Lab/Martin

Scanners (B, I)

Convert printed text to a digital file for editing. Use the flatbed scanner as a camera for image creation. Copy slides to create a digital file for editing and/or printing. Use your scanner as a copying machine or as a fax machine source. One 2-hour meeting. Note: \$3 material fee due to instructor at first class.

30254 F 1/29 1-3 PM \$6/\$8/\$10
Computer Lab/Bender



Seniors

SKYPE/Webcams (B & I)

Make free telephone calls anywhere in the world to anyone on your call list. That's what SKYPE does. We'll discuss how to set up this high quality telephone service and its advantages. Use this free service to talk to family and friends anywhere in the world.

30238 M 2/8 10 AM-12 PM \$6/\$8/\$10
Computer Lab/Bender

Using Help Menus (B)

We're accustomed to reading manuals, but that's not how it's done anymore with PCs. Use WINDOWS Help. This course will show you how. As a bonus, learn to simultaneously view, move and resize two windows.

30247 W 2/17 1-3 PM \$5/\$7/\$10
Computer Lab/Martin

Vista Desktop Management (B)

This class will teach you some of the basics of the operating system (O/S). Learn how to change wallpaper, set screensavers, create or move shortcuts. Learn to use some of the features in the control panel. Find out what maintenance utilities are available.

30250 Tu & Th 2/23-2/25 10 AM-12 PM \$14/\$18/\$26
Computer Lab/Hickman

Windows Operating Systems (I)

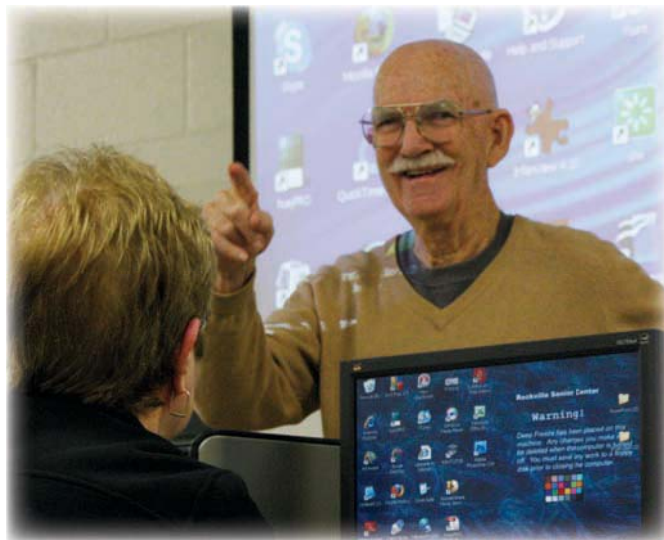
Microsoft's operating systems (XP, Vista) are more than just a means to boot up your computer. Explore the power of the most frequently used and least understood software on your computer. Note: \$10 manual fee is payable to instructor at first class. Class meets for four 2-hour sessions.

30251 M & W 2/1-2/10 1-3 PM \$35/\$43/\$50
Computer Lab/Bender

Windows: Desktop Management (B)

This class will teach you about control panel components, monitor settings, shortcuts and more. Customize your Desktop and your Start Menu. Create a variety of different shortcuts and move them around to different locations in your computer. Learn about Safe Mode and creating wallpaper.

30243 M 1/11 10 AM-12 PM \$7/\$9/\$13
Computer Lab/Hickman



Fitness & Wellness

We recommend bringing a water bottle to all fitness programs.

Afternoon Tone & Stretch

This class concentrates on muscle strength and flexibility. Starting gently, we'll work every part of your body to improve circulation, strength and muscle tone. Participants use exercise tubes, weights, Swiss balls and mats. ♥

No class 1/18 & 2/15

30329 M & W 1/11-3/17 1-2 PM \$41/\$51/\$61
Exercise Room/Cristiano

Arthritis Foundation's PACE

People with Arthritis Can Exercise (PACE). Designed by the Arthritis Foundation (AF), this class uses gentle activities to help increase joint flexibility and range of motion, maintain muscle strength and increase overall stamina. PACE can help reduce pain, stiffness and feelings of isolation and depression. ♥

30330 Tu & Th 1/12-3/11 1-2 PM \$50/\$62/\$75
Exercise Room/Cristiano

Balance Exercise

A physical therapist will educate and train you on balance and walking exercise that can be done safely in your own home to maintain and improve functional balance, walking and home safety. Presented by Suburban Hospital. ♥

30412 Th 3/18 1-2 PM Free
Azalea Room

Seniors

Basic Weight Training - Beginner

This class emphasizes muscle strengthening and toning while learning the basics of weight training. Proper technique and body alignment will be taught while using hand-held weights and exercise tubes. ♥

30332 Th 4/1 1-2 PM \$7/\$9/\$11
Exercise Room/Klopfer

Chair Cardio

Try this exciting new cardio class and get your heart pumping while listening to fun, energetic music. Stay seated throughout the entire class while getting a great aerobic workout. ♥

30333 F 1/15-3/12 11 AM-12 PM \$26/\$32/\$39
Exercise Room/Witte

Chair Exercise

These exercises are gentle and designed to start slowly and build gradually. This program is for men and women and is done seated. Patterns are designed for those with limited mobility to help develop strength, flexibility and endurance which promotes better circulation. All movements are performed to music. ♥

No class 1/18 & 2/15
30334 M & W 1/11-3/17 11 AM-12 PM \$41/\$51/\$61
Exercise Room/Cristiano

Circuit Training *New*

Learn how to maximize your workouts by combining strength and cardio intervals for a total body workout. Classes will use a variety of equipment throughout the session while focusing on the 30 minute circuit-training concept. Free weights and mats provided. ♥

No class 1/18 & 2/15
30519 M & W 1/11-3/24 10:45-11:30 AM \$57/\$71/\$89
Thomas Farm CC/TBA

Individual Tutoring

For Rockville Senior Center Members

Word • Excel • Powerpoint • Vista
Desktop Management • Back Up Your Computer

Cost: \$25 per hour

Call 240-314-8810 or e-mail questions to:
rockvillecomplab@hotmail.com

Exercise Plus/Chinese Dance

This is not your average exercise class. The instructor makes it fun with the use of small balls and dance. Enjoy body movement including T'ai Chi with fans and acupuncture points with chopsticks, while listening to Eastern and Western music. ♥

30335 F 1/15-3/12 1:15-2:15 PM \$11/\$14/\$17
Exercise Room/Kao

Fitness Club

Get fit in our state-of-the-art Fitness Room. To join, you must be a Senior Center member and complete the Exercise Machine Training Course. (\$50 Fitness Room fee, payable upon renewal of Center membership.) For Fitness Club members only. Mon.-Fri., 8:30 a.m.-4:50 p.m., Sat., 8:30 a.m.-12:50 p.m. (Ongoing) ♥

Exercise Machine Training

Learn how to use the exercise equipment and become a Fitness Club member. Register for the month desired and you will be contacted for an appointment time. After training, scan your membership card at the information desk and wear a Fitness Club badge each time to use the Fitness Room. (Ongoing)

30336 Tu & Th 1/5-4/22 8:30 AM-4:50 PM \$30
Fitness Room/Klopfer

Indoor Walking

Now is a great time to commit to a walking program. Feel better, look better and get healthier. Join this safe and fun indoor walking class that will help increase circulation, boost your immune system and burn calories. Walk more than one mile each class. ♥

30338 Tu & Th 1/12-3/11 12:25-12:55 PM \$20/\$25/\$30
Carnation Room/Cristiano

Managing Your Diabetes

Learn more about diabetes. Dr. Angela Appling, a Clinical Pharmacist, will show you how to safely manage your disease through medication and a few lifestyle changes. ♥

30408 Tu 2/23 1-2 PM Free
Azalea Room

Nutrition Workshops (Spanish) *New*

Learn more about making your meals more nutritious and delicious. Explore the latest trends in nutrition to assist you in making healthier food choices. This class is taught in Spanish by the Montgomery County Cooperative Extension. ♥

30306 W 1/13-3/3 1-2:30 PM Free
Azalea Room

Seniors

Osteoarthritis: What is it?

Osteoarthritis, sometimes called degenerative joint disease, is the most common form of arthritis. It occurs when cartilage in your joints wears down. It can affect any joint in your body, though it most commonly affects joints in your hands, hips, knees and spine. Learn about common symptoms and diagnosis as well as treatments. Presented by Dr. Angela Hawkes. ♥

30328 Tu 1/12 1-2 PM Free
Azalea Room

Passing the Heart Disease Test

Learn how to prevent heart disease and modify your risk factors that can lead to chronic health problems. Dr. Helen Barold from Suburban Hospital will answer your questions about practical routines and discuss state-of-the-art treatment options. ♥

30411 Th 2/18 1-2 PM Free
Azalea Room

Personal Trainer

Be evaluated by an AFAA certified personal trainer and design an individualized program based on your needs. Upon registration, you will be contacted to arrange an appointment. Prerequisite: Must have been trained on the exercise equipment. Refer to Exercise Machine Training. For Fitness Club members only. (Ongoing) ♥

1 - One-Hour Sessions

No class 1/18 & 2/15

30343 M & W 1/4-4/28 9 AM-4:50 PM \$45

2 - One-Hour Sessions

30344 Tu & Th 1/5-4/22 9 AM-4:50 PM \$72
Fitness Room/Klopfer

Pharmacy/Medication Tips

Learn helpful medication tips for you as the consumer / patient from one of the public's most trusted professionals. Dr. Angela Appling, a Clinical Pharmacist, will tell you the ten things your pharmacist would like you to know and answer any questions. ♥

30407 Tu 1/26 1-2 PM Free
Board Room

Senior Aerobic Workout

Step up to the latest exercise designed for those seniors who can walk and turn with ease. Aerobic dancing provides enjoyable exercise using easy dance movements with one foot safely in contact with the floor at all times. ♥

30346 Tu & Th 1/12-3/11 11 AM-12 PM \$41/\$51/\$61
Carnation Room/Klopfer

The New Attitudes

Enjoy this spin-off group from the Senior Aerobic Workout group which performs at various functions. If you are interested in learning, practicing and performing choreographed dance routines, join this energetic group and be a "star." ♥

30367 Th 1/21-3/18 12-12:30 PM Free/\$10
Carnation Room/TBA

Senior Belly Dance

Enjoy an expressive, exciting and energetic activity with movements based on ancient dances of North Africa, the Middle East and Mediterranean. This low impact form of exercise is suitable for all ages and body types. Receive the benefits of improved posture and muscle tone, weight loss and stress reduction. ♥

No class 1/18 & 2/15
30348 M 1/11-3/22 2-3 PM \$35/\$44/\$52
Exercise Room/Basane

Senior Fit

Improve your health and become more independent with the help of an exercise physiologist. Sponsored by Holy Cross Hospital and Kaiser Permanente, all participants must register and have a signed doctor's certificate. Forms available at Senior Center office. (Ongoing) ♥

No class 1/18 & 2/15
30349 M & W 1/4-4/21 1:30-2:15 PM Free
30350 M & W 1/4-4/21 2:20-3:15 PM Free
Carnation Room/TBA



Senior Bus driver Eddie Lynn, helps a Senior Center member

Seniors

Senior Line Dance

Put on your dancin' shoes and join us. These line dances are designed for beginners with progression to intermediate. Learn at your own pace. This non-partner activity is for both men and women. ♥

No class 1/18 & 2/15
30351 M 1/113/1 11-11:45 AM \$31/\$39/\$46
Carnation Room/TBA

Senior Pilates - Beginner

This is a gentle beginner class. Learn all the basic Pilates moves while targeting abdominal and pelvic muscles to improve balance, posture, flexibility and core strength. Enjoy this non-impact, mind/body workout using mats (provided). ♥

30352 Sa 1/16-2/20 9-9:45 AM \$51/\$64/\$76
Carnation Room/Witte

30353 F 1/22-3/19 10-10:45 AM \$51/\$64/\$76
Thomas Farm CC/Holland

Senior Pilates - Intermediate

Participants in this program should have a basic knowledge of Pilates movements and breathing. Strengthening and stretching exercises will target abdominal and pelvic muscles to improve balance, posture, flexibility and core strength. ♥

30354 Tu 1/12-3/9 2-2:45 PM \$51/\$64/\$76
30355 Tu & Th 1/12-3/11 2-2:45 PM \$93/\$116/\$139
Exercise Room/Klopfer

Senior Sculpt

It's never too late to build muscle. Work all your major muscle groups with the use of weights, bands and tubes. The instructor will guide you through each movement with specific instructions. All movements will be appropriate for seniors. ♥

30356 F 1/22-3/19 9-9:45 AM \$35/\$44/\$52
Thomas Farm CC/TBA

Senior T'ai Chi Ch'uan - Beginner

This program combines body movement, breathing and mental awareness to promote health and relaxation. Practiced in slow, circular, continuous movements, it offers relaxation, breathing techniques and range-of-motion routines. For Senior Center members only. Registration is required. ♥

30358 Tu & Th 1/12-3/11 10-10:50 AM \$5
Carnation Room/Tuanmu

Senior T'ai Chi Ch'aun - Intermediate

Designed for the continuing student. Participants should have a basic knowledge of T'ai Chi Ch'aun. This class combines intermediate body movements with breathing and mental awareness to help promote health and relaxation. For Senior Center members only. Registration is required. ♥

No class 1/18 & 2/15
30357 M 1/11-3/22 10-10:50 AM \$3
Carnation Room/TBA

Senior Yoga

Yoga is a lifestyle incorporating exercise, diet, proper breathing, relaxation, meditation and positive thinking. Students practice gentle stretching and strengthening exercises, deep relaxation and breathing techniques. Wear comfortable, loose-fitting clothing. ♥

30359 W & F 1/13-3/12 9:50-10:50 AM \$85/\$106/\$127
Exercise Room/Figure

30360 Tu 1/19-3/16 9-9:45 AM \$47/\$59/\$70
Thomas Farm CC/Witte

Seniors on the Ball

Ever exercised on a large "Swiss Ball?" Add variety, challenge and fun to your fitness program while working on core strength and balance. Balls are provided. ♥

30361 Tu & Th 1/12-3/11 9-9:45 AM \$59/\$74/\$89
Exercise Room/Ramsey

Toning Table Training

Training is required to use the toning tables in the Fitness Room. Register for the month desired and you will be contacted for an appointment. Bring a towel, wear long pants and socks. Must be a Senior Center member and a Fitness Club member. ♥

30368 M-Th 1/4-4/22 10-11 AM Free
Fitness Room/Cristiano

Total Conditioning Workout

This strength building, non-cardio fitness class is for both men and women. Workouts are designed to produce improved strength, flexibility and balance using hand-held weights, bands and tubes. Intensity may be modified to suit any fitness level. ♥

No class 1/18 & 2/15
30369 M 1/11-3/22 10-10:45 AM \$35/\$44/\$52
30370 F 1/15-3/12 12:30-1:15 PM \$35/\$44/\$52
30523 W 1/13-3/10 2:15-3 PM \$35/\$44/\$52
Exercise Room/Witte

Seniors

Weight Loss Challenge

Whether you have just a few extra pounds or more than a few, let us assist you in attaining your healthy lifestyle goals. Meet with our Wellness Coordinator and Fitness Specialist weekly for weigh-in and counseling on healthier lifestyle choices. ♥

30371 Th 1/21-3/18 10-10:45 AM \$32/\$40/\$48
Health Room

Zumba Gold *New*

This easy Latin and International inspired program is designed for beginners. It creates a party-like atmosphere that is fun, different and effective. Zumba Gold is great for the body and soul and provides a total body workout. ♥

No class 1/18 & 02/15

30520 M 1/11-3/22 5-6 PM \$27/\$35/\$42
Thomas Farm CC/TBA

30522 W 1/13-3/10 5:45-6:45 PM \$27/\$35/\$42
Exercise Room/TBA

Sports

Badminton

Learn to play or improve your game. Class is held at Twinbrook Community Recreation Center that has a wood floor court for badminton. Free to Senior Center members and Rockville residents. (Ongoing) ♥

30331 W & F 1/6-4/23 8:45-9:45 AM Free/\$10
Twinbrook CRC Gymnasium/TBA

Rockville Emergency Assistance Program (REAP)

WINTER BRINGS HIGHER UTILITY BILLS

Help Fellow City Residents

- Make a Tax Deductable Donation -

Mail checks payable to:
Rockville Emergency Assistance Fund
30 Courthouse Square, Suite 100
Rockville, MD 20850

240-314-8310
www.rockvillemd.gov



Game Room Activities

Pool tables, table tennis and a dart board are available. Practice games, clinics, instruction and tournaments are held. Mon.-Fri.: 8:30 a.m.- 4:50 p.m.; Wed. 9-10 a.m.; Sat., 8:30 a.m.- 12:50 p.m. For Senior Center members only. Table Tennis available at Twinbrook Community Recreation Center, Wed., 9-10 a.m. ♥

No activities 1/18 & 2/15

30337 M-Sa 12/28-4/3 (See above) Free
Game Room

Instructional Pool

Senior Center members looking for casual instruction in playing pool may register to learn and play. This class is taught by a fellow Senior Center member. You will be able to learn technique and pick up tips while having a great time playing the game. ♥

30339 Tu 1/19-2/23 12-2 PM Free
Game Room/TBA

Newcomb Volleyball

Join us for a new form of volleyball in which players toss and catch the ball instead of hitting it over the net. Beginners, as well as experienced players, are welcome. Free to Senior Center members and Rockville residents. (Ongoing) ♥

30342 W & F 1/6-4/23 10-11 AM Free/\$10
Gymnasium/TBA

Softball Pizza Party

How can you be part of our Rockville Senior Softball Team in 2010? Come to our Pizza Party! All former members and anyone interested in playing softball next season should come to this meeting. ♥

30362 W 2/17 12:30-2 PM Free
Carnation Room/TBA

Table Tennis - Beginner

This class is for those who have had little or no experience. Learn techniques and also a basic knowledge of the rules and scoring. Not only is it fun to play but the game also helps increase dexterity, flexibility, coordination and reflexes. Paddles and balls available. ♥

No class 2/15
30364 M 1/25-3/1 1-2 PM \$24/\$30/\$36
Ceramics Room/TBA

Table Tennis - Intermediate

This class is for those who have had experience playing and have a basic knowledge of the rules and scoring. Not only is it fun to play but it also aids in dexterity, flexibility, coordination and reflexes. Paddles and balls provided. ♥

30363 W 1/27-3/3 1-2 PM \$24/\$30/\$36
Ceramics Room/Shinn

Table Tennis Tournament

There has been an increased interest in table tennis. Let's all get together in March and have a friendly competition. Prizes will be awarded. Must be a Senior Center Member. ♥

30365 Tu 3/30 10 AM-12 PM Free
Carnation Room/Cristiano

Ten Pin Rockin' Rollers

When was the last time someone cheered for you? Come out and bowl with us. New members welcome. Note: Weekly \$7.75 fee is payable directly to Bowl America (Clopper Road, Gaithersburg) on day of play. Includes three games and shoe rental. (Ongoing) ♥

30366 Th 1/7-3/25 1-3 PM Free
Bowling Alley/Jaques



Seniors

Wii Play

Come bowl, golf, play baseball, tennis and or even try your fists at boxing, all through the new game system, Wii. The light weight remote is the key to these fun interactive games. Come and join the games on Friday mornings. Senior Center members only. ♥

30372 F 1/15-3/12 10 AM-12 PM Free
Azalea Room/TBA

Trips



Registration procedure for all trips: An in-person lottery registration will be held on Thursday, Jan. 7, at the Senior Center. Interested members and City residents may draw lottery numbers from 10:15 -10:30 a.m. with numbers called in random order. Registrations will be accepted only at the Senior Center. Non-residents and non-members may register as of Tuesday, Jan. 12. Individuals may register for themselves and one other person. The fee listed is payable at the time of registration. Senior Center membership dues must be current through the trip date to be eligible for the member fee.

Museums - Geppi's & Sports Legends *New*

Wow, two incredible museums in one convenient location. Sports Legends will be our first stop for a guided tour to include memorabilia from the Orioles, Colts, Ravens and more. Then we take an elevator upstairs and have a tour of Geppi's Entertainment. We'll journey through 250 years of American pop culture and revisit TV and radio shows as well as books, comics, toys, dolls and games. Lunch at the Rusty Scupper. Trip includes charter bus transportation, leadership, two tours and lunch.

30232 Th 1/28 9 AM-3 PM \$65/\$80/\$100
Departs: Glenview Mansion

Phillips Valentine Lunch *New*

Do you feel the love? Let's go downtown and celebrate Valentine's Day a little early. Enjoy the bountiful all-you-can-eat buffet at Phillips on Maine Avenue. What a perfect way to enjoy an afternoon. Trip includes: leadership, charter bus transportation and lunch.

30233 F 2/12 11 AM-3 PM \$62/\$77/\$97
Departs: Glenview Mansion

Seniors

Medieval Times *New*

Lords and ladies, step back in time to the Middle Ages as we gather in the Great Hall of the Kings' Castle of Arundel Mills. Take part in the dinner feast and behold a tournament. Cheer for your knights and watch the powerful Andalusian stallions perform as swords clash and axes ring. Cost includes lunch, entertainment, leadership and charter bus transportation.

30234 Th 3/4 9:30 AM-3 PM \$64/\$80/\$100
Departs: Glenview Mansion

Nana's Naughty Knickers *New*

Rainbow Dinner Theatre is at it again! Bridget and her Grandmother are about to become roommates. However what was seen as a unique opportunity to stay with her favorite Nana in New York for the summer is quickly turning into an experience she'll never forget. Join us for the laughter. Trip includes: leadership, charter bus transportation, buffet lunch and show.

30235 W 3/10 8 AM-6:30 PM \$87/\$109/\$137
Departs: Glenview Mansion

April Fool Mystery Trip *New*

What is April Fool's Day? It's a day full of mystery and adventure. Will anyone be giving out clues?? We don't think so. Be brave, hop on board and join us for our latest mystery trip. We always have a nice meal and something for everyone to enjoy. Trip includes leadership, charter bus transportation, food and friendship and we can't tell you anything else.

30236 Th 4/1 10:45 AM-6 PM \$65/\$80/\$100
Departs: Glenview Mansion



CHECK OUT WHAT'S NEW!

Senior Programs

Novel Set in Rockville
Visit with Anthony Pitch
AARP Driver Safety Program
Amelia Earhart – Dreams Take Flight
Beginner Bridge
Cleaning Up the Clutter
Get Ready for Summer
Home Maintenance
Impressionists in Winter
Lerner, Loewe Plus Loesser
Maryland Insurance Consumer Education
Medicare: Update 2010
Mosaic Stepping Stone
Norman Rockwell: Portraits of America
Supermarket Vegan Cooking Demo
Experimental Watercolor
What's Happening to Our Beloved Chesapeake?
e-Bay & Craig's List
Photoshop
Circuit Training
Spanish Nutrition Workshops
Zumba Gold
Museums – Geppi's & Sports Legends
Phillips Valentine Lunch
Medieval Times
Nana's Naughty Knickers
April Fool Mystery Trip